



"People helping  
people help  
themselves."

Division of Mental Health and Addictions

# Logansport State Hospital

# THE SPECTRUM

## In this issue:

EOM/TOM ..... 1

Spyke The  
Psyche ..... 2

New Positions .  
..... 3

The Book Nook  
..... 3

Art ~n~ Fact.....  
..... 4 & 5

Heat Waves .....  
..... 6 & 7

Spotlight ..... 8

Decision Points  
..... 9

Step-It-Up .... 10

Mileage ..... 10

Gold Ladies . 11

Culinary Corner  
..... 12 & 13

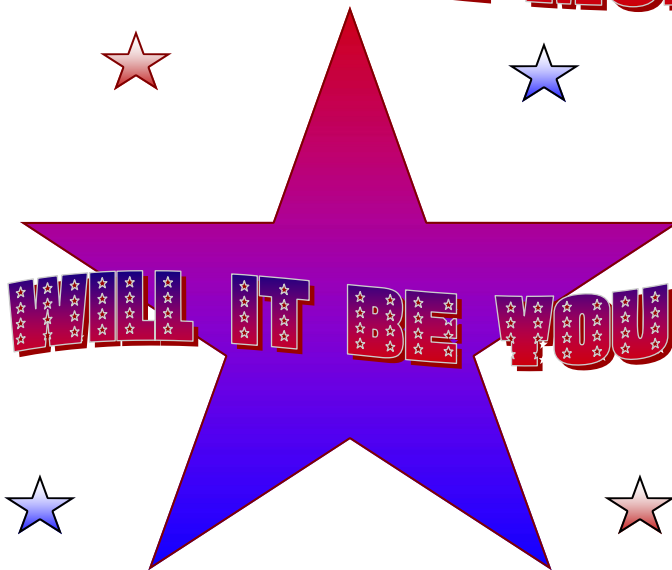
Fresh Feature..  
..... 14 & 15

Upcoming  
Events.....  
..... 15

Who Am I?... 16

Vol. 17, No. 7  
July  
2007

EMPLOYEE OF THE MONTH  
EMPLOYEE OF THE MONTH  
EMPLOYEE OF THE MONTH  
EMPLOYEE OF THE MONTH



**"Remember, YOU can NOMINATE someone TODAY!"**



# SPYKE THE PSYCHE



## MENTAL HEALTH MYTHS

### WE JUST CAN'T AFFORD IT

**Myth:** *Insurance doesn't need to cover mental health, it's not a big problem.*

**Fact:** Fifty-four million Americans are affected by mental illness each year, regardless of ethnicity, sex or socioeconomic class.

— *Surgeon General's Report on Mental Health*

**Myth:** *Doctors are too busy treating physical problems to deal with mental health.*

**Fact:** Up to one-half of all visits to primary care physicians are due to conditions that are caused or exacerbated by mental illness.

— *Collaborative Family Healthcare Coalition*

**Myth:** *Mental illness is a personal problem not a business concern.*

**Fact:** Depression is the leading cause of disability in the United States over back problems, heart disease and liver failure.

— *World Health Organization*

### SPECTRUM

Logansport State Hospital  
1098 S. State Rd. 25  
Logansport, Indiana 46947

**The Spectrum** is published and distributed on the second payday of each month for employees, retirees, and friends of Logansport State Hospital.

Darrin Monroe ..... Editor & Photographer . ext. 3803  
Tressa Bowman ..... Supt. Secretary ..... ext. 3634  
Chris Taylor ..... Comm. Services ..... ext. 3709  
Maureen Guimont..... Personnel..... ext. 3626  
Brian Newell ..... Librarian..... ext. 3712  
Marjorie Potts ..... Staff Development. .... ext. 3801

# Congratulations on your new position:



Randy Brooks is moving to a Steam Plant Mechanic effective 6/24/07



Lavona Howerton is moving to a Communications Operator 4 effective 6/24/07

---

## The Book Nook

Colleen E. Warner. Borderline Personality Disorder: Struggling, Understanding, Succeeding. Eau Claire, WI: PESI, LLC, 2006.

“Everyone expects me to have goals for the future.  
I’m just struggling to survive each day.”

—Client with BPD

It is a struggle to survive, to avoid negative thoughts of self-harm. Traumatic events, family history, and abuse can all contribute to BPD. There are many possible causes for self-harm or parasuicidal behavior. Self-harm may be a way to communicate to others, to show the pain a person feels. Warner wants people to understand what is behind Borderline Personality Disorder so that it can truly be treated and so that success can be found. Our very own PRP (Personality Reprogramming Program) is based on ideas that are discussed in this book. It works because it aims to listen to the pain and to deal with it more effectively and regulate the strong emotions that come with trauma and stress.

This book was sent to Dodds 1 East. Please read. Read to understand. Read to gain insight. Read for hope.

The Staff Library is located in the Lynch Building, room 248 accessible by 1A1 key but it is best if you call ext. 3712 or e-mail [bnewell@fssa.state.in.us](mailto:bnewell@fssa.state.in.us) with your request.

We order new books each month.

*Art~'n~fact*  
Longcliff Museum  
(The Dress Code, 1912)

177. **Uniform Dress.** The Attendants' uniforms will be as follows:

For men—Coat, double-breasted, sack, two, two outside pockets, other pockets as desired, of navy blue cloth or serge, with polished gilt Indiana staff buttons, two rows of four each in front, none on the sleeve. Trousers, same material. Vest, same material, single-breasted, small gilt staff buttons, pockets as desired. Cap, navy blue cloth of good quality, stiff flat top and vertical sides, enameled leather drooping peak, gilt side buttons and cord.

178. **Outdoor Working Dress for Men.** Coat or vest, or both being omitted. The trousers as in full dress, unless a particular occupation for the time being makes a substitution necessary to prevent damage to same.

179. **Indoor Working Dress for Men.** Anything suitable to work on ward. The full dress may be worn if suitable.

180. **Summer Dress for Men.** Trousers and vests same as full dress as above described. The vest may be omitted. Coat, single-breasted, rolling collar of light white duck or drilling, pockets as desired. Hat, plain Mackinaw, flat brim with black band.

181. The full dress for men, including cap, shall be worn at all times and on all occasions to the exclusion of all other outside apparel, from September 15 to June 1; and the summer dress for men shall be worn likewise from June 1 to September 15: Provided, That full dress may be substituted for the summer dress during the summer period above named, for outdoor wear on account of extraordinary and unseasonable inclemency of weather; and, Provided further, That wraps and overcoats may be worn over uniform without such permission at any season of the year when needed on account of inclement weather.

182. Attendants' Department for Men will wear proper collars and neckties at all times on duty excepting when bathing or house cleaning.

183. **Full Dress for Women.** Shirtwaist and skirt of blue and white seersucker of the sort known as nurses' stripe, with belt and wristbands of same; to hang one inch from floor, all around. Collar, white linen, rolling, as provided at the office; no necktie. Apron, white, plain, without bib.

184. The above described dress for women is to be worn by all attendants in the Department for Women at all places and times and at all seasons of the year exactly as prescribed and without alteration, substitution or addition in any part, with the following exceptions: The collar may be omitted when house cleaning in the spring and fall and when engaged in bathing patients.

185. The hospital uniform must not be worn during leaves of absence from the hospital or hospital grounds. Wraps over uniforms may be worn when required by inclemency of the weather.

186. Newly employed persons, both men and women, will be required to provide themselves with uniform dress as prescribed by these regulations, immediately following receipt of the first full month's pay. Failure to comply will be followed by dismissal from the service.

187. Attendants are not required to wear uniforms at employees' socials and during the evening hours off duty, providing that the exchange of uniforms for other dresses or clothing is effected without leaving the dayrooms unattended, and while both attendants are on the ward.

(Rules Governing the Duties and Conduct of Employees of the Northern Hospital for Insane At Longcliff, near Logansport, Indiana. Revised and Approved by the Board of Trustees, April, 1912.)

# HEAT WAVES

## ***Know What These Terms Mean***

- **Heat wave:** Prolonged period of excessive heat and humidity. The National Weather Service steps up its procedures to alert the public during these periods of excessive heat and humidity.
- **Heat index:** A number in degrees Fahrenheit (F) that tells how hot it really feels when relative humidity is added to the actual air temperature. Exposure to full sunshine can increase the heat index by 15 degrees F.
- **Heat cramps:** Heat cramps are muscular pains and spasms due to heavy exertion. Although heat cramps are the least severe, they are an early signal that the body is having trouble with the heat.
- **Heat exhaustion:** Heat exhaustion typically occurs when people exercise heavily or work in a hot, humid place where body fluids are lost through heavy sweating. Blood flow to the skin increases, causing blood flow to decrease to the vital organs. This results in a form of mild shock. If not treated, the victim may suffer heat stroke.
- **Heat stroke:** Heat stroke is life-threatening. The victim's temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly.
- **Sunstroke:** Another term for heat stroke.

## ***If a Heat Wave Is Predicted or Happening...***

- Slow down. Avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4:00 a.m. and 7:00 a.m.
- Stay indoors as much as possible. If air conditioning is not available, stay on the lowest floor, out of the sunshine. Try to go to a public building with air conditioning each day for several hours. Remember, electric fans do not cool the air, but they do help sweat evaporate, which cools your body.
- Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun's energy.
- Drink plenty of water regularly and often. Your body needs water to keep cool.
- Drink plenty of fluids even if you do not feel thirsty.

- Water is the safest liquid to drink during heat emergencies. Avoid drinks with alcohol or caffeine in them. They can make you feel good briefly, but make the heat's effects on your body worse. This is especially true about beer, which dehydrates the body.
- Eat small meals and eat more often. Avoid foods that are high in protein, which increase metabolic heat.
- Avoid using salt tablets unless directed to do so by a physician.

### ***Signals of Heat Emergencies...***

- **Heat exhaustion:** Cool, moist, pale, or flushed skin; heavy sweating; headache; nausea or vomiting; dizziness; and exhaustion. Body temperature will be near normal.
- **Heat stroke:** Hot, red skin; changes in consciousness; rapid, weak pulse; and rapid, shallow breathing. Body temperature can be very high-- as high as 105 degrees F. If the person was sweating from heavy work or exercise, skin may be wet; otherwise, it will feel dry.

### ***Treatment of Heat Emergencies***

- **Heat cramps:** Get the person to a cooler place and have him or her rest in a comfortable position. Lightly stretch the affected muscle and replenish fluids. Give a half glass of cool water every 15 minutes. Do not give liquids with alcohol or caffeine in them, as they can make conditions worse.
- **Heat exhaustion:** Get the person out of the heat and into a cooler place. Remove or loosen tight clothing and apply cool, wet cloths, such as towels or sheets. If the person is conscious, give cool water to drink. Make sure the person drinks slowly. Give a half glass of cool water every 15 minutes. Do not give liquids that contain alcohol or caffeine. Let the victim rest in a comfortable position, and watch carefully for changes in his or her condition.
- **Heat stroke:** Heat stroke is a life-threatening situation. Help is needed fast. Call 9-1-1 or your local emergency number. Move the person to a cooler place. Quickly cool the body. Immerse victim in a cool bath, or wrap wet sheets around the body and fan it. Watch for signals of breathing problems. Keep the person lying down and continue to cool the body any way you can. If the victim refuses water or is vomiting or there are changes in the level of consciousness, do not give anything to eat or drink.



Hello! For those of you who don't know me, I am Jill Rowe and am honored to be named the Rehabilitation Director at Logansport State Hospital. I was born and raised in Logansport and graduated from Purdue University. I am a Certified Therapeutic Recreation Specialist. I have experience working with disabilities, physical rehab (stroke, head injury, etc.) geriatrics, mental illness, and have provided consulting services in group homes, and Medicaid Waiver Services. I came to LSH in 1992 and have worked in different capacities on most of the service lines. I have been a rehab therapist, RT supervisor, and mental health administrator (QMRP) on JETC.

It has been a learning experience in my new position and I couldn't do it without the help from the entire rehab staff and other staff from around the hospital. Everyone has been very supportive and helpful orienting me to the way the department works. Even though I worked in rehab, there is so much more to learn and it is a big responsibility.

The goal for the Rehab Department is to provide quality therapeutic services to the clients that we serve, to help restore them to the highest functional level, so that they may live in the least restrictive environment with dignity and respect. This is a cooperative effort with the entire department including staff on the service lines, central rehab, vocational, educational, library, audiology, grooming, pastoral, canteen services, and community services. The services we provide would not be as effective without the support and assistance we receive from the other departments in the hospital-so thank you all!

On a personal note, my husband Don and I have been married for over 20 years and we have 3 children. Kellyn is 18 and is heading to Purdue this fall. Andrew is soon to be 16 and a sophomore at LHS. My youngest, Mallory is 11 and beginning 6<sup>th</sup> grade at Lincoln Middle School.. I am very busy outside of my work as all of my children are very involved in school sports and travel ball. I can usually be found at a ball park, gym or tennis court!

I just want to thank everyone for making this transition smooth. The rehab department and LSH have some wonderful, dedicated staff and it is a pleasure to be a part of it!



## **“Decision Points in the Effective Management of Schizophrenia”**

On June 13, Eli-Lilly & Company Pharmaceutical Representative Bill Ault, hosted a presentation given by Dr. Fawver. Dr. Fawver spoke to interested staff at Logansport State Hospital during his presentation on: **“Decision Points in the Effective Management of Schizophrenia.”**

Dr. Fawver is a Clinical Professor of Psychiatry at IU School of Medicine, a moderator for the Distance Learning Network (a satellite educational system we access here at LSH), is owner and Medical Director of Fawver Wellness Clinic in Fort Wayne, and is an advisor to Allen County Crisis Intervention Team. He is host and producer of Public Television's *"Matters of the Mind with Jay Fawver,"* a weekly 30-minute educational program on PBS-39. As you can see, Dr. Fawver is a very talented and busy person.



Dr. Fawver (L) and Bill Ault (R)










# STEP IT UP 2007

“Step It Up 2007” is a countywide initiative originated by Logansport Memorial Hospital to promote increased physical fitness and improved health of all Cass county residents. The goal is for participants to increase their average daily steps.

The program begins August 19<sup>th</sup> and concludes November 10<sup>th</sup>. Weekly prizes and grand prizes will be given by Step It Up 2007. Participants will be eligible for prizes by turning in their weekly step count to Karen Ragle or Sarah Rutschmann at Allied Health Clinic at Logansport State Hospital, Logansport Memorial Hospital lobby, Logansport Mall and the YMCA. On November 10<sup>th</sup> there will be a 5K Walk/Run at River Bluff Trail to celebrate the 12 weeks of walking...where the t-shirts will be distributed to all participants.

---

## MILEAGE AT LSH

-  27 laps in Fogel Auditorium = 1 mile
-  Switchboard to Allied Health Clinic = ½ mile
-  Sliding electric door of IRU circle past old maintenance/grounds buildings through stop sign at paint shop to Rogers Hall around the circle and back to IRU = 0.83 mile
-  Sliding electric door of IRU circle past old maintenance/grounds buildings through stop sign at paint shop past Rogers Hall past superintendent's house/main entrance down the county road (detour route) to the back entrance of IRU = 1.7 mile
-  IRU electric door at circle drive to stop sign at corner of parking lot = 0.05 mi
-  Stop sign at corner of IRU/Complex parking lot to stop sign corner near Materiel Management = 0.12 mi
-  Stop sign corner near Materiel Management to stop at corner of Cherry Lane & Pinto Drive = 0.08 mi
-  Stop at corner of Cherry Lane & Pinto Drive to intersection with Little Turtle East (at Old IRU & Maintenance Complex) = 0.15 mi
-  Intersection of Little Turtle East and Pinto Drive to stop sign (not yield sign) at Lynch parking lot = 0.10 mi

# Clinton County Gold Ladies

The Community Services Department would like to give a special recognition to the Clinton County Gold Ladies. They are an organization that has been supporting the Logansport State Hospital for the last 54 years!

The current Clinton County Gold Ladies include Mrytle Hollis, Mary Price, Emily De-gal, Peggy Didion, Marianne Beary, Nina Perry, Hazel Burnette, Lois Richardson, Nancy Pearcy and Sue Newman. This particular group of Clinton County Gold Ladies has been a member ranging from two to over thirteen years!

These Ladies are here the last Thursday of every month to have a party for the patients in Dodds 2 East, CLW and Larson 1 East. The Clinton County Gold Ladies play games with the patients. Some of the games include a bean bag toss, darts, a table bowling game, table basketball and a ring toss! The Clinton County Gold Ladies also bring snacks for the patients! When asked why they continue year after year doing these activities, Gold Lady, Marianne Biery says, "We enjoy making someone happy for an hour and our reward is they appreciate us coming."

Thank you **CLINTON COUNTY GOLD LADIES** for all the support you provide to the patients and staff of Logansport State Hospital!



**Clinton County Gold Ladies  
We Thank You!**



A patients artwork of the Gold Ladies in the late '50's.

# Culinary Corner

## SOUTHWESTERN GRILLED CHICKEN WITH YOGURT SALSA

- 1 (8 oz.) container plain low-fat yogurt
- 2 cans (4 oz. each) sliced mild green chiles (drained)
- 1 lb. chicken breasts (boned and skinned)
- 1 tbsp. reduced calorie mayonnaise
- 1/4 c. scallions or green onions (minced)
- 1 tsp. ground cumin
- 1 tsp. salt
- 1 each, red, green, and yellow sweet bell peppers (cut in 1/6th)

In medium bowl, combine yogurt, scallions, green chiles, cumin and salt. Remove and refrigerate 2/3 cup yogurt mixture for Yogurt Salsa. With fork tines pierce chicken liberally on both sides; add to bowl with yogurt mixture, turning to coat both sides. Marinate 15 minutes.

To cook over coals, place chicken and peppers on rack 3 to 4 inches from medium hot coals. Grill, turning once, until chicken is cooked through and peppers are crisp-tender, about 10 minutes.

Meanwhile, prepare Yogurt Salsa by stirring mayonnaise into reserved 2/3 yogurt mixture; place in small serving bowl.

To serve, slice each breast into 1/2 inch thick slices. Arrange chicken and peppers on individual serving plates. Serve with Yogurt Salsa. Serves 4.

Recipe by: Cooks.Com

## Guiltless high-fiber, high-protein brownies.

15oz can black beans (drained & rinsed well)  
4 large eggs  
1/2 cup granulated Splenda  
3 tbsp cocoa powder  
2 tbsp strong coffee (or 1 tbsp instant coffee dissolved in 1 tbsp hot water)  
1 tsp baking powder  
2 tbsp canola or olive oil  
1 tsp vanilla

Preheat oven to 350°F.

Prepare an 8x8 baking pan by spraying it with cooking spray.

Mix all ingredients in a food processor or blender.

Add the beans last and make sure you blend VERY well.

Bake for 30 minutes, or until toothpick comes out clean. Allow to cool before slicing.

Brownies are approx. 2"x2" in size.

Number of Servings: 16

Recipe by: SparkPeople user GENEVIVA.

# Fresh Feature

## Deskercises

### Shoulder Exercises

#### ***Heavy Hinges***

This stretch is best done in a standing position. It is great for your shoulders, but also your triceps (backs of your arms). Do several times a day, or whenever your shoulders and upper body are feeling tight.

Standing upright, push both arms straight back with your palms facing down and hold for five seconds. Bend in arms at the elbow (like a hinge), fingers pointing straight ahead, and hold for five seconds. Repeat five to 10 times.

#### ***Chop Wood***

You're not really swinging an axe as you do this exercise, so you need not make the movements choppy or jerky. Try for maximum stretch to relieve the tension in your shoulders and elbows that develops as you work at your keyboard all day.

From a standing position, clasp your hands and hold them close to your right shoulder, as though resting an axe there. Gently swing the axe by straightening your elbows and moving your hands toward your left thigh. Raise your clasped hands to your left shoulder, and swing the axe toward your right thigh. Repeat on both sides seven or eight times.

#### ***Ready For Fight***

Your shoulders are the link between the three most common sites of stress-related pain—your head, neck and back. Increasing flexibility in your shoulders will also help with back and neck relaxation.

Sit erect in a chair. Raise your arms so that elbows are flared in an outward position and hands are at shoulder level in front of your body. Keep hands at shoulder level and push your elbows as high as you can, isolate the pressure on your shoulders. Repeat 10 to 15 times. Perform the first few slowly and smoothly, the next few faster and more intense, and the last couple slow and smooth.

### ***Do the Funky Chicken***

Loosen up your shoulders, chest and back by doing this “funky chicken” exercise. It takes only a minute and releases a lot of tension in your upper body. It can be done from either a sitting or standing position.

Place your fingertips on your shoulders, elbows pointing out to the sides. Pull your elbows back as far as you can. Push your elbows forward and try to touch them together, Repeat 10 times. Now, keeping your fingertips on your shoulders, lift your elbows up and then push them down to your sides, as if you’re trying to fly. Repeat 10 times.

### ***Let the Good Times Roll***

Your shoulders are one of the most flexible joints in your body, when they are functioning smoothly. Do this shoulder roll at least three times a day to relax your shoulders. You may do this one shoulder at a time, or both together.

Sit or stand tall. Lift your shoulders as high as you can. Bring them forward and push them down. Pull your shoulders back, then return to starting position. Repeat in the opposite direction. Repeat three to five times.



## **UPCOMING EVENTS**

-  July 21 - Family Mixer
-  July 24 - Tippecanoe Co Fair
-  July 26 - Clinton Co Gold Ladies
-  August 6 - Picnic @ Riverside Park
-  August 14 - Picnic @ Rochester Christian Church

# WHO AM I?

Can you guess who this little lady is?

If you can, call Darrin Monroe at # 3803 or e-mail: [darrin.monroe@fssa.in.gov](mailto:darrin.monroe@fssa.in.gov) by August 10. All correct answers will be entered in a drawing, sponsored by the Morale Boosters to win a free "Jumbo" soft drink at the Hillside Café.

Winners will be announced in the next Spectrum.

Need a hint?

Typing is her game, all we need is her name.

Find out who this is in our next issue.

Last Issue:



Darrin Monroe



The winner of a free Jumbo size drink is: Sandra Dillman.

If you have an early picture of an employee and would love to have a little fun with it, call Darrin Monroe at # 3803.